

November
2019



Centennial Recreation Senior Center
171 W. Edmundson Ave., Morgan Hill
Activities for Adults 50+

Hours:
8 am-3 pm
Contact us: 408 782-1284

Debbie Vasquez, OAS Supervisor
Denise Melroy, Program Coordinator
Sandra Madriles, Nutrition Coordinator
Hilda Rosales, Cook
Ingrid Essary Kitchen Helper
Ann Pember, Poch'e Reynolds, Engagement Coordinators

SUN		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SAT	
<p>The Senior Center is part of a larger multigenerational facility, operated by the City of Morgan Hill in partnership with the Mt. Madonna YMCA. In addition to the programs being offered at the Senior Center, the Centennial Recreation Center (CRC) offers a wide array of fitness and aquatic programs for all ages. Visit the front desk of the CRC or the Senior Center for a listing and description of fitness programs.</p>		 <p>9:30 am Tai Chi (Beg) 10 am 50+ Pilates (CCC) 10:15 am Bingo (\$1) 11 am Pickleball 12-3 pm Billiards/Ping-Pong 1-3 pm Drop-in Cards 1 pm 50+ Functional Fitness 1pm Mahjong 1pm Mexican Train Dominoes 1:30 pm Watercolor</p>		<p>9 am Fitness for Arthritis 10 am Fitness for Arthritis 10 am 50+ Boot Camp 10-12 am Bridge 10 am Chair Yoga 11 am Chair Yoga 11 am Pickleball 12-3 pm Billiards/Ping-Pong 1-3 pm Bridge 1-3 pm Drop-in Cards 6:30 pm BINGO at CCC</p>		<p>10 am Zumba Gold 10 am 50+ Pilates 10:15 am Bingo (\$1) 8:45 Tai Chi (Energy-beg) 9:45 Tai Chi (Energy-adv) 10:45 Tai Chi (Adv) 10:30 Card Games 11 am 50+ Pilates 12 pm TRX Lite 12pm Computer Help 12-3 pm Billiards/Ping-Pong 1-3 pm Drop In Cards 1 pm 50+ Functional Fitness</p>		<p>9:30 am Knitting/Stitchery 10 am 50+ Pilates (CCC) 10 am 50+ Yoga 10 am 50+ Boot Camp 10:30 am Card Games 11 am Pickleball 12-3 pm Billiards/Ping-Pong 1-3 pm Drop-In Cards 1-3 pm Mexican Train Dominoes 1 pm Mahjong</p>		 <p>9 am Fitness for Arthritis 10 am Fitness for Arthritis 10 am Chair Yoga 11 am Chair Yoga 10:30 am Card Games 10:30 am Senior Resource appointments 12pm TRX Lite 12-3 pm Billiards/Ping-Pong 1-3 pm Drop-in Cards 1 pm 50+ Functional Fitness 1pm Movie Matinee</p>			
<div>November 2019</div>													
DAILY Senior Center									1 9am Evergreen Valley College Nursing Students Blood Pressure Screening 1pm Movie Matinee	2			
Coffee, Pastries, Newspaper, TV, Puzzles, Cards in the Senior Center Lobby Weekdays 8am-3pm		3	4 10:15-11:00am Bingo 10am Discussion Group	5 6:30pm Bingo CCC	6 10-11am Bingo 11am-11:50pm Focus Group (Strategic Planning) 10am Paper Crafting Workshop	7 11:30am Speaker Series on Healthcare(Granada Theater) 1:30pm "The Meds Matter" presentation (CCC)	8 9am HICAP appointments 10am Karaoke with Chris 1pm Movie Matinee 2pm Dementia Support Group		9 9am Duck Rehab Volunteer Event				
Games and More Bocce Ball, Billiards, Air Hockey, Ping-Pong, Foosball Weekdays 8am-3pm		10	11Senior Center Closed for Veteran's Day 	12 11:45 am Veteran's Celebration 6:30pm Bingo CCC	13 10am Paper Crafting Workshop 10:15-11:15am Bingo 10am Paper Crafting Workshop	14 10am-12pm SALA appts	15 9am HICAP appointments 11:30am Birthday Celebration 1pm Movie Matinee		16 				
Free Computer Use/ Wi-Fi Weekdays 8am-10pm (50+ Age specific hours weekdays 8am-3pm)		17	18 10:15-11:00am Bingo 10am Discussion Group	19 9:30am Haircuts by Cherisse + 10 year anniversary celebration 10am Sourcewise Resources 6:30pm Bingo CCC	20 10am Paper Crafting Workshop 10:15-11:15am Bingo 11:30am Lunch with the Mayor	21 9am CHP Age Well Drive Smart class 10am-12pm SALA appts	22 1pm Movie Matinee		23				
Morgan Hill Senior Café Lunch served weekdays at 12 pm		24	25 10am Creative Writing 10:15-11:00am Bingo	26 THANKSGIVING CELEBRATION 11:30am 	27 10am Paper Crafting Workshop 10:15-11:15am Bingo	28 Happy Thanksgiving Senior Center Closed 	29 THANKSGIVING HOLIDAY Senior Center Closed		30				